

Easy Ways to Prevent and Treat Eye Strain

Extended periods of driving, too much near work like reading or writing, or prolonged computer-related activities can cause eye strain — a common condition characterized by dry, itchy or watery eyes, inability to focus, blurred vision, sensitivity to light, headache, and neck and shoulder pain. Eye strain is rarely serious; however, the symptoms are quite uncomfortable.

To help you prevent eye strain, here are some tips for [improving vision](#) and easing fatigue on the extra ocular muscles:

Decrease brightness. Lower the brightness level of your computer screen or move into a dimmer area. Also, avert your eyes from bright colors. Stare at something green or soothing colors like pastels.

Ease eye strain with cold or hot treatment. A splash of cold water on your face and neck is an instant fix for eye strain. Try to go as cold as you can stand. If you have a gel eye mask, put it in the refrigerator for a few minutes and place it over your eyes. If the cold treatment doesn't work, try the opposite. Place a warm towel over your eyes and just wait until it cools.

If you have dry eye problem, alleviate it with drops of artificial tears. Moreover, don't sleep in your contact lenses even if they're the type that allows it. Sleeping while your contact lenses are still on is very drying to your eyes.

Get a good night's sleep. Sleeping is the best way to rest your tired eyes. But if you're in the middle of a workday, this is obviously impractical. Do the next best thing and close your eyes for at least five minutes. And while you're doing that, commit to hitting the sack earlier tonight and actually do it.

If the frequency of your eye strain starts to increase, it's a good time to make some lifestyle changes. Start with eating eyesight-friendly foods. Dark leafy green vegetables like kale and spinach are extremely good sources of antioxidants and beta-carotene, making them especially good for the eyes. Moreover, a diet rich in fruits would help, too. Aside from that, eating oily kinds of fish like tuna, salmon, and halibut will also [improve eyesight](#).

Toss the nicotine habit. If you smoke, quit it. Smoking, although bad for your entire health, is especially damaging to your eyes. Studies show that smokers are more prone to developing cataracts, macular degeneration, and optic nerve damage.

Invest on a good pair of sunglasses. Sunglasses are practically the only fashion accessories that truly do some good. Aside from making you look cool, wearing sunglasses protects the eyes from harmful UV rays that are major causes of cataracts and macular degeneration. The polarized type also helps in reducing glare and consequently, preventing eye strain.

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